

BREWSTER COUNCIL ON AGING

BAYSIDE CHATTER



1673 Main Street, Brewster, MA 02631 • (508) 896-2737 • Fax (508) 896-7587

Hours: 8:00am - 4:00pm Monday - Friday

Denise Rego, Director

Robert Deloye, COA Board Chairperson

Paul Marai, F.O.B.E. Chairperson

MISSION STATEMENT: *The mission of the Brewster Council on Aging is to enhance the dignity and well-being of Brewster Elders. The staff of the Council on Aging is always available to link our seniors to our services and give support.*



Happy Father's Day on Sunday, June 21st!

We'd like to wish all of our fathers, fathers-in-law, grandfathers and great-grandfathers a wonderful day in your honor. Enjoy it...you've earned it!

THANK-YOU SUZANNE DEAN!



The Staff of the Brewster Senior Center would like to thank Suzanne Dean for giving 11 years of her time as a COA Board Member. Her dedication and interest in helping others is commendable. Thank you Suzanne and best wishes on your next endeavor!



THANK -YOU CHARLIE ARDITO!

The Brewster COA would like to thank Attorney Charlie Ardito for his many years of fine service to our community by providing free legal consultation sessions to seniors. We wish him well!

The COA is actively searching for another attorney to fill the program vacancy, and will keep you posted!

SUMMER IS COMING!

Did you know that the COA has 2 Beach Wheelchairs available, one of which can actually go right into the water! We loan them out for 2 days at a time and we ask for a donation of \$10.00. They can be used at any of the Brewster beaches (either Bay or Pond beaches), and must stay within town lines. For more information, and/or to reserve one, please call the COA at: (508) 896-2737



FLAG DAY

Flag Day is on Sunday, June 14th.
Fly those flags proudly!



SAYING GOOD-BYE...



Join us on **WEDNESDAY, JUNE 24TH @ 1:30 pm** as we say good-bye to Paul & Sandy Marai.

In July, Paul & Sandy will be heading west – to the western part of the state that is - to be closer to their daughters & other family members.

Join us for an afternoon of enjoyment & refreshments as we thank *Sandy for sharing her husband with all of us & *Paul for all he has done for the Council on Aging and the seniors in the town of Brewster since 2007!

Alzheimer's Family Support Center

Please join us to hear about this new community resource located in Brewster, which provides free supportive services for our Cape Cod residents and their families living with Alzheimer's and dementia-related diseases.

Executive Director Dr. Molly Perdue, PhD. will be on hand to answer questions about the center's mission.

Brewster COA
1673 Main St. Brewster
June 10th 5:00pm

Light fare will be served. This event is free and open to the public. Please call the senior center at (508) 896-2737 to reserve your spot.



FRAUDS & SCAMS

This month's article comes from the Friends of Dennis Senior Citizens who noted in a recent Cape Cod Times article that the state legislature exempted senior citizens and those with certain medical conditions from paying for 411 directory assistance calls.

"Most carriers now charge up to \$2.49 for each 411 call which seems a bit excessive considering the companies no longer provide phone books".

Forms requesting the exemption are available from the major phone companies (Comcast: 1-855-270-0379 and Verizon 1-800-974-6006), or at the Brewster COA (just ask for one at the front desk).

If you have a personal experience by internet or telephone that others should know about, please send a brief summary to our FOBE account friends1673@comcast.net.

SEA CAPTAIN'S THRIFT SHOP

Summer is here at the Sea Captain's Thrift Shop, with lots of summer specials! Watch for our ½ price sales – different every week! We carry Bric-A-Brac, dishes, lots of jewelry and books: cookbooks, fiction, craft and many others!

We can use donations of clean, new or slightly used men's and women's clothing for our summer specials.

We are located at 1671 Main Street, behind the Brewster Council on Aging and Fire station.



Hours are 10AM to 3PM
Tuesday thru Saturday

FOBE MONDAY MOVIE DAYS

Monday, June 15th 1:00 PM

Brewster COA 1673 Main St.



FOBE will be showing the movie, "Nebraska".

This is the story of a father (Bruce Dern) and his adult son (Will Forte) who embark on an incredible journey to claim a million dollar sweepstake prize.

This celebrated "black & white" film is about family, aging and human eccentricities.

Through the generosity of F.O.B.E., we have purchased a **new screen and sound system** to make your "movie" day more enjoyable. Call (508) 896-2737.

Rides can be provided – just let us know when you sign up that you will need a ride. Popcorn and punch is served. **SEE YOU AT THE MOVIES!!**

Programs changed or ended for the Summer:

Yoga will move to 8:30am - 10:00am for July and August.

No Massages with either Marilou or Sandra until later this fall.

No Computer Help sessions until September.

After this month's Sight Loss meeting on June 3rd, there will be no meetings until September.

Could you use some help?

At the Brewster town meeting on May 5th, the townspeople voted to contract with the Harwich Ecumenical Council for the Homeless (HECH) to deliver a Housing Emergency Loan Program (HELP) for income-qualified Brewster homeowners.

This HELP program will provide 0% deferred loans to preserve homes that have failing roofs, windows, siding, heat and hot water systems, etc. Funding is limited. If you are interested please call the Outreach office at the Brewster COA for more information: (508) 896-2737

911 CELL PHONES AVAILABLE



We have received a new supply of 911 pre-programmed cell phones available for use in emergencies. They are available at no cost, include a charger, and can be kept as long as you need them. Please feel free to stop by the Brewster COA office and pick one up!



TAKE US OUT TO THE BALL GAME...

Wednesday, June 24th

5:00PM



Mark your calendar - join us for **Brewster Council on Aging Night at the Brewster Whitecaps!** We will be featuring the COA at this game by having our "Volunteers of the Year", Jan & Ray Flaherty, throwing out the 1st pitch, seniors singing the National Anthem and treating our seniors to a "hot dog & drink". Sections of bleacher seats will be reserved just for our seniors and we hope to fill them up.

Simply call and let us know you will be attending and if you will need a ride – we will be providing transportation in our vans. If you have any questions, please feel free to contact Marilyn Dearborn, (508) 896-2737.

SEE YOU AT THE GAME!!!!

WANTED – SENIOR SINGERS!!!!



Do you belong to a choral group, maybe sing at church or just in the shower? We are looking for about 10 seniors who would like to sing the National Anthem at the beginning of our "Senior Night at the Brewster Whitecaps". If you would like to be part of this special night, please contact Marilyn at (508) 896-2737. We will try to get the group together for 1-2 rehearsals beforehand so every feels comfortable singing.



W.O.W. (Wonderful Older Women)

Tuesdays 10:00am - 11:30am
Brewster COA 1673 Main St.



This is a wonderful group of women that review current events, talk about movies & books, give each other support & enjoy conversation. Come and join them!

The WOW group is sad to announce the passing of one of its members in April; Rose Nesta.

Besides being a member for several years, Rose was a long-time FOBE member, volunteered as an aide in the Blood Pressure program here at the COA for a number of years, and even won the 1994 Volunteer of the Year award!

Rose will definitely be missed, but she leaves many happy memories behind.

BREWSTER MEN'S COFFEE CLUB



THURSDAYS, 2:00pm - 4:00pm
BREWSTER COA, 1673 MAIN ST.

The Brewster Men's Coffee Club will be meeting on the following Thursday afternoons in June at the Brewster COA: **4, 11, 18, 25**

We welcome you to join us!

COMPUTER USERS GROUP



We will be meeting on the following Thursdays in June, from 1:00pm - 3:00pm at the Brewster COA, 1673 Main St.: **4, 11, 18**

Topics are solicited from program attendees at each meeting and discussed at subsequent meetings. The skill level is from beginner to intermediate. No need to sign up, just come and learn something new!

HELP.....HELP.....HELP!!!



We are in "**DESPERATE**" need of more medical drivers. In order to continue to provide this wonderful service, we need to have more drivers. We know that every month poses some type of problem for our drivers - snow and icy roads in winter – family visiting and traffic in summer, but if there is any time you can give us it would be greatly appreciated.

If you are interested, please stop by the COA office and pick up an application. We do CORI all of our drivers so you will need to provide a copy of your license.

Any questions, please feel free to contact Marilyn Dearborn, Volunteer Coordinator at: (508) 896-2737.

Messages from Marilyn....

Summertime is finally here! Come out and take advantage of some or all of the programs we will be offering at the Council on Aging this month....

PROGRAMS FOR JUNE

Call the COA today to reserve your space: (508) 896-2737

BLUE CROSS/BLUE SHIELD – FALL PREVENTION

Monday, June 1st

1:00 PM



A representative from Blue Cross will be here to present a program on how to prevent that simple thing that can change a senior's life – a fall. Tripping on a rug or slipping on wet floor results in broken bones for thousands of older men & women. These breaks can be the start of even bigger problems so come hear ways you can prevent this from happening to you. Refreshments will be served. Call today to sign up, (508) 896-2737.

THE ORIGINAL MRS. DRINKWATER



Monday, June 8th

1:00 PM

Join us for a wonderful afternoon of fun! The show is composed of three skits – with “Shop Talk at Muriel’s House of Beauty”, an audience participation skit. All props are provided. Refreshments will be served. Call (508) 896-2737 to sign up. What a fun way to spend a June afternoon!!

FIVE WISHES

Monday, June 22nd

1:00 PM



VNA Palliative Care & Hospice Team will be here to discuss a very important booklet called “Five Wishes”. The presentation will include a 30-minute video and conversation. Just what is “Five Wishes”? It is a booklet that gives you a way to control how you are treated if you are seriously ill. This ensures that your family and doctors will know what your wishes are. Booklets will be provided. Hopefully this booklet will help change the way America talks about and plans for care at the end of life. Call today to be put on the list to hear about this important topic, (508) 896-2737

PRESCRIPTION ADVANTAGE

Monday, June 29th

1:00 PM




Come hear how this program can help to fill the gap in your Medicare prescription drug coverage. Every year thousands of seniors reach that gap which is referred to as the “donut hole” only to see their prescription costs increase dramatically. This is an important presentation that you do not want to miss! Call today, (508) 896-2737 to add your name to the list of attendees. Refreshments will be served.

KEEP FIT at THE COA!!!!

We continue to offer a wonderful, energetic exercise program on Thursday mornings from 8:30 – 9:30 upstairs at the COA. It is offered through “BoomerFit Cape Cod” and costs \$6.00 per class. A new session begins every 6 weeks, but you can start **any** Thursday morning. Those in the classes are really enjoying it so we will continue them throughout the summer months. Contact Marilyn at (508) 896-2737 if you have any questions or just stop in on a Thursday morning and see how much fun keeping fit can be!!!




SENIOR HAPPENINGS CALENDAR

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|---|-----------|
| | |  | | | | |
| 1 9:45am Young at Heart 1:00pm <i>Seminar:</i> <i>Blue Cross/Blue Shield</i> <i>"Fall Prevention"</i> | 2 9:00am Yoga 9:00am Pedicure 10:00am W.O.W. 1:00pm Bridge 1:00pm S.H.I.N.E. | 3 10:30am BINGO 10:45am Angelcare 11:30am Sight Loss/BLL 1:00pm Quilters 7:00pm Duplicate Bridge | 4 8:30am BoomerFit 1:00pm Computer User's Group 2:00pm BMCC 5:00pm Evening Yoga | 5 9:45am Young at Heart 10:00am Swimming at Brewster Green 10:30am BINGO 11:00am Bridge Lessons 1:00pm Duplicate Bridge | 6 | |
| 7 9:45am Young at Heart 1:00pm <i>Special Program:</i> <i>"The Original"</i> <i>Mrs. Drinkwater</i> | 8 9:00am Yoga 10:00am W.O.W. 1:00pm Bridge 1:00pm S.H.I.N.E. | 9 | 10 10:00am Banking Asst. 10:30am BINGO 1:00pm Quilters 5:00pm <i>Seminar:</i> <i>Alzheimer's Family</i> <i>Support Center</i> 7:00pm Duplicate Bridge | 11 8:30am BoomerFit 9:00am S.H.I.N.E. 1:00pm Computer User's Group 2:00pm BMCC 5:00pm Evening Yoga | 12 9:45am Young at Heart 10:00am Swimming at Brewster Green 10:30am BINGO 11:00am Bridge Lessons 1:00pm Duplicate Bridge | 13 |

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|---|--|--|--|--|--|----|
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| FLAG DAY!  | 9:00am Hearing Screenings Young at Heart 9:45am F.O.B.E. Movie: "Nebraska" 1:00pm | 9:00am Yoga 9:00am BP/Glucose Testing and Health Counseling 10:00am W.O.W. Bridge 1:00pm S.H.I.N.E. | 10:00am Banking Asst. 10:30am BINGO 10:45am Angelcare 1:00pm Quilters 7:00pm Duplicate Bridge | 8:30am BoomerFit 8:00am Pet Grooming 1:00pm Financial Planning 1:00pm Computer User's Group 2:00pm BMCC 5:00pm Evening Yoga | 9:45am Young at Heart 10:00am Swimming at Brewster Green 10:30am BINGO 11:00am Bridge Lessons 11:00am Rep. Tim Whelan 1:00pm Duplicate Bridge | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| HAPPY FATHER'S DAY! | 9:45am Young at Heart 1:00pm Seminar: "Five Wishes" | 9:00am Yoga 10:00am W.O.W. 10:00am BP/Glucose Testing & Health/BLL 1:00pm Bridge 1:00pm S.H.I.N.E. | 10:00am Legal Help with Tom Kosman 10:30am BINGO 1:00pm Quilters 5:00pm "TAKE US OUT TO THE BALL GAME!" 7:00pm Duplicate Bridge | 8:30am BoomerFit 9:00am S.H.I.N.E. 9:00am Pedicure 2:00pm BMCC 5:00pm Evening Yoga | 9:45am Young at Heart 10:30am BINGO 11:00am Bridge Lessons 1:00pm Duplicate Bridge | |
| 28 | 29 | 30 | | | | |
| | 9:45am Young at Heart 1:00pm Seminar: "Prescription Advantage" | 9:00am Yoga 10:00am W.O.W. Bridge 1:00pm S.H.I.N.E. | | | | |

Space Reserved For Advertisers

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:

ANGELCARE: 1st & 3rd Wednesdays from 10:45am - 11:45am. A Support Program For Caregivers – If you're caring for someone who is chronically ill, aged or disabled...and would like some support...we're here for you.

BANKING ASSISTANCE: By appointment only: A representative from Cape Cod 5 will come on the **2nd & 3rd Weds.** starting at 10:00am to help seniors balance their checking accounts.

BINGO: Played every Wednesday and Friday from 10:30 - 11:30am.

BLOOD PRESSURE & GLUCOSE TESTING:

3rd Tues. of the month from 9:00am – 10:00am - **on a drop-in basis.** Any health-related questions can be asked at this time. Home visits are available for those who are unable to get to the Senior Center due to health reasons.

BLOOD PRESSURE & GLUCOSE TESTING/HEALTH COUNSELING:

The 4th Tuesday of the month at the **Brewster Ladies Library**, lower level. 10:00am – 2:00pm - **On a drop-in basis.** Provided by VNA of Cape Cod.

BOOMER FIT - 8:30am - 9:30am on Thursdays. An energetic exercise program for more active adults. \$6.00 per session. No need to sign up, just drop in and start feeling better!

BREWSTER MEN'S COFFEE CLUB: Meets on Thursdays ~ 2:00pm.

BRIDGE (men's and women's): Tuesdays ~ 1:00pm.

BRIDGE LESSONS: Fridays from 11:00am – 12:30pm ~ \$5.00 per activity per person – For those who want to improve their game – bidding, play of the hand, and defense is stressed. It's truly an "interactive" bridge session each week. For more information contact:

<http://home.comcast.net/~judysgames/index.html>

COMPUTER HELP: Meets for 1-hour appointments ~ Wednesdays from 9:00am – 12:00pm These 1-hour sessions are hands-on, one-on-one, and participants choose their own pace and area of interest.

PLEASE NOTE: NO Computer Help until September.

COMPUTER USER'S GROUP: Thursdays at 1:00pm. The first hour will be for questions & answers, followed by instructions on topics solicited from program participants of the day. Skill level: from beginner to intermediate.

June's dates are: 4, 11, 18

DUPLICATE BRIDGE: Wednesdays ~ 7:00pm.

DUPLICATE BRIDGE: Fridays at 1:00p.m. – \$5.00 per activity per person - For any questions, please call Judy Murray at (508) 432-7097.

FINANCIAL PLANNING: 3rd Thursday ~ 1:00pm. **By appointment only.** Information provided by a volunteer that answers questions and provides information concerning Long Term Care and Financial Planning.

Please call (508) 896-2737 to make an appointment.

HEARING SCREENINGS: 3rd Monday ~ 9:00am. **By appointment only.** FREE screenings include ear inspections and hearing-aid checks if needed. Appointments are 15 minutes each. Call (508) 896-2737 to reserve.

THIS MONTH'S DATE: Monday, June 15th

LEGAL HELP: 10:00am on the 4th Wednesday with Tom Kosman. 1/2 hour appointments. **Please call (508) 896-2737 to make an appointment.** The attorney will answer your legal questions. Free for the initial appointment.

MASSAGE: Marilou Raposa's schedule is the last Tuesday of the month beginning at 1:00pm. Sandra Smith's schedule is the 3rd Wednesday of the month beginning at 10:00am (30 minutes - \$15.00).

Please call (508) 896-2737 to make an appointment.

PLEASE NOTE: NO Massages until September.

MEALS ON WHEELS: Provided to each homebound elder who is unable to prepare nutritionally balanced meals.

Please call Cindy Thatcher at (508) 896-5070.

OLD FASHIONED QUILTING BEE: Wednesdays ~ 1:00pm. Fellow quilters bring in their quilting projects and enjoy the camaraderie of other quilters. Come join in with the 'Brewster Basters'!

WEEKLY/MONTHLY PROGRAMS/ACTIVITIES:

OUTREACH ASSISTANCE: The Outreach Workers will answer any questions you have about resources and programs you may be entitled to, assist with assessing needs, file-of-life, fuel assistance applications, etc.

Please call (508) 896-2737 to make an appointment.

PEDICARE: 1st Tuesday & 4th Thursday of the month ~ 9:00am – 3:00pm (Diabetics must see a MD/Podiatrist). ½ hr. appointments - **\$29.00**

home visit - **\$50.00** **Please call (508) 896-2737 for appointment.**

PET GROOMING: Buttons & Bows ~ 3rd Thursday of the month, nail clipping will take place for animals in a grooming van at the back of the COA, from **8:00am – 8:30am** for \$3.00, normally \$10.00.

POKER: Tuesdays and Fridays ~ 1:00pm. **PLEASE NOTE: On hold until further notice.**

REP. TIM WHELAN: 3rd Friday of the month from 11:00am - 12:00 noon This is on a drop-in basis.

SENIOR DINING: Hot lunches are provided Monday through Friday at the C.O.A. Suggested donation is \$2.00 per meal. **24-hour notice required.**

Please call 508-896-5070 no later than 11:00am the day before. Come at 10:30am on Wednesdays and Fridays to play BINGO before lunch!

SENIOR STRIDERS: Mondays through Fridays throughout the school year. 6:30am - 7:15am **AND** 3:00pm - 5:00pm at Stony Brook Elementary School.

Walking for Seniors! **Please visit the Brewster Rec. Dept. at the Eddy Elementary School for more information and/or to sign up.**

PLEASE NOTE: The last day of school/Senior Striders is June 25th.

There will be no Senior Striders held during the summer months.

S.H.I.N.E.: Serving the Health Information Needs of Everyone Every Tuesday from 1:00pm to 3:15pm with Debra Johnson, and the 2nd & 4th Thursday of each month from 9:00am to 12:00pm. **By appointment only.** Highly-trained volunteer counselors help seniors and Medicare beneficiaries understand their rights and benefits under Medicare and all other health insurance coverage. Private appointments are free of charge.

Please call (508) 896-2737 to make your appointment.

SIGHT LOSS GROUP: Meets from September - June on the 1st Wednesday of each month from 11:30am-1:00pm at the Brewster Ladies Library. **(Please note new start time of 11:30am)**

This month's date is: Wednesday, June 3rd

SWIMMING: Brewster Green Pool ~ Fridays: 10:00am - 12:00pm.

Because this is so popular, this is ONLY available for Brewster's senior (60+) residents. You ALSO need to have your current F.O.B.E. Membership Card for admittance.

A donation of \$1.00 per swim is recommended and this is done by an Honor system. Stop by the COA on a monthly or quarterly basis to support this activity!

PLEASE NOTE: NO Swimming after Friday, June 19th.

TENNIS: Mondays, Wednesdays & Fridays ~ 9:00am – 11:00am

(Open play during winter months). Playing at the tennis courts off Underpass Road. **Please call the Brewster Recreation Department at (508) 896-9430 for more information.**

W.O.W. (Wonderful Older Women): Tuesdays ~ 10:00am.

This is a wonderful group of women that review current events, talk about movies & books, give each other support & enjoy conversation. Come join them!

YOGA: Tuesday mornings from 9:00am - 10:30 am. Also Thursday evenings from 5:00 - 6:30pm - \$10 per class. This class uses breathing techniques as a foundation for exploring gentle & safe stretching.

YOUNG AT HEART: Mondays and Fridays ~ 9:45-10:45 am.

10-week session/20 classes, for the cost of \$50.00. Strength training for seniors. PACE classes are friendly and a fun way to relieve arthritis symptoms and learn important strengthening exercises. Classes start out easy and help to build strength and coordination each week by using adjustable weights and stretch bands. This is a Cape-wide non-profit senior exercise program administered by the VNA of Cape Cod. **Call toll-free 1-800-631-3900 to register.**

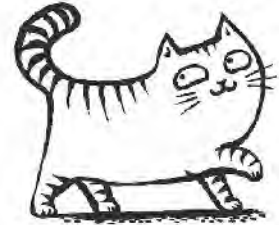
A MESSAGE FROM DEE YEATER, R.N. PUBLIC HEALTH and WELLNESS NURSE OF VNA CAPE COD

*Betty Hart, R.N. will take blood pressures on Tuesday, June 16th from 9:00am - 10:00am here at the Senior Center. In addition, glucose testing will be available.
Dee Yeater, R.N. will do home visits on Mondays.*

Cat Bites? How serious can a scratch be?

One third of cat bites result in hospitalization.

When it comes to animal bites, dogs are the most likely creatures to be involved. However, cat bites account for about 10 to 15 percent of animal bites, and they can be deceptively dangerous.



A Mayo Clinic study looked at 193 people who sought treatment for cat bites over three years. Of those, 30 percent developed an infection severe enough to require hospitalization. About 70 percent of the bites involved older women. Once hospitalized, treatments included intravenous antibiotic drugs. In many cases, surgery was needed to clean out and irrigate the wound. In some people, more than one round of surgery was required.

Cats have teeth that can deeply penetrate skin and other tissues. This introduces bacteria deep into the body through a narrow puncture wound that can close itself off, minimizing natural drainage and trapping the infection. Smoking and location of the bite over a joint or a tendon sheath were identified as risk factors for poor outcome and hospitalization. A high percentage of cat bites occur in the wrist and hand, where tendons and joints are near the surface. When bacteria are introduced to these areas, lack of blood flow restricts the delivery of the immune system's infection-fighting blood cells.

Experts recommend paying close attention to any cat bite for signs of infection. If signs develop, seek urgent care as soon as possible. Don't delay!



ATTENTION SWIMMERS:

The last day of the Senior Swim program at Brewster Green Resort will be Friday, June 19th. After this date, there will be no more swimming until the fall. Have a great summer, and please don't forget to thank the resort for their continued hospitality to our swimmers!

LOOKING FOR SOME SUMMER FUN?

We have Senior Discount coupons available for cruises to Nantucket, Martha's Vineyard, or sightseeing excursions around Hyannis harbor. Stop by the COA office to pick up your coupon soon!



Brewster Bayside Chatter Online

The Brewster Bayside Chatter is available online each month and can be found on our website at: www.brewster-ma.gov. Search under 'Departments' and select 'Council on Aging'. Scroll down to where it reads: 'our newsletters are available online' and click on the link! Happy reading!

DISCLAIMER:

The Brewster Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal cost practitioners. Seniors participating in these services do so with the understanding that the Brewster Council on Aging, The Brewster Senior Center, the Town of Brewster, Friends of Brewster Elders (aka F.O.B.E.) or its employees or agents DO NOT ASSUME ANY LEGAL RESPONSIBILITY FOR ANY ADVICE OR SERVICES RENDERED BY SUCH VOLUNTEER OR NOMINAL COST PRACTITIONER. Any act, advice, or service by outside providers at the Council on Aging SHOULD NOT BE PRESUMED TO BE ENDORSED OR SPONSORED BY THE BCOA.

Sightings from the Poop Deck



“The world’s favorite season is the spring. All things seem possible in May.”

Edwin Way Teale

American naturalist and Pulitzer Prize-winning author.
(1899-1980)

Okay now, I’d like to see a show of hands. How many of you believe that Mr. Teale ever spent a spring in New England? We’re into May and my woodstove is still cranking. The only productive things you can do this time of year is to catch up on your doctor’s appointments.

Let’s see, there’s the cardiologist, the urologist, the dermatologist, and at the end, the proctologist, after all, where else would you find him? However, I began with my G.P. and I have no complaints with her as long as she warms her hands before we begin. Yes, I do have a female G.P. and at my age I am no longer modest.

Isn’t it interesting that the number of questions you are asked during a routine visit seem to take up most of the time? If you have been in the system long enough you should know how to play the game. You will become aware very early on that any positive answers you may volunteer will result in another prescribed pill for your pillbox. For example, “how many times during the night do you get up to go to the bathroom?” Since, as a “newbie” I gave the wrong answer, I got a prescription for Flowmax, which I never filled. My recent answer was “once.” Flowmax came off the list!

After she had taken my BP she continued along with the questions. “Your pressure seems a little high, perhaps we’ll increase the dosage of your pressure pills.” “By the way doctor, what is my pressure?” “One forty over seventy-two.” (140/72) I was probably thinking about the digital about to be administered. “Geez doctor, with that BP I should be able to make the olympic team.” “Well, we like to keep it under 140. I’ll schedule another visit in July and check it again.” “Well, can’t I just go to CVS and call it in?”

Her last question almost floored me and it wasn’t because I was tripping over my pants, currently down around my ankles. I had never been asked this question before at least not by my doctor, and remember, my doctor is a female. “Is your sex life okay?” I felt like being a smart-ass and saying, “define okay.” I thought about this for a while trying to adhere to my yes/no answers. If I say yes, it’s okay, I’m outta here, but if I say no, I’m probably in for the blue pill. Since I can’t afford to take four hours out of my typical days, I answer, “I’m okay!”. However, when Joannie Carfora answered the same question from the same doctor the following week, I thought her answer was classic: “It ain’t what it used to be!” Joannie Carfora and I are no longer on speaking terms.

So that’s how the dialog went for the rest of the visit. You get the drift. If I should leave this earth due to hypertension before my July appointment, I should have a surplus of metoprolol and enalapril for your pressure and simvastatin for your cholesterol, should anyone be interested. Give Joannie Carfora a buzz and she’ll fix you right up, post haste. In the meantime reach for those One-A-Day vitamins.

Peter R. Scheffer (“Life is Good!”) - Yes??/No??

poop deck, n., a deck above a ship's main afterdeck

BHT - BOSTON HOSPITAL TRANSPORTATION

Enjoy comfortable and safe transportation from Cape Cod
DIRECT to Boston hospitals
on a wheelchair accessible van.

MONDAY thru FRIDAY SCHEDULE

7:30a.m. Orleans (Shaw's)
7:45a.m. Harwich (Route 124 Commuter Lot)
8:00a.m. Barnstable (Route 132 Commuter Lot)
8:15a.m. Sagamore (Rotary Commuter Lot)

RESERVATIONS are a MUST!!!

(Reserve no later than 11a.m. the day before)

\$35.00 Round Trip/\$15.00 One-way

Cash or Checks (Payable to CCRTA) accepted

For reservations call **1-800-352-7155**

Monday – Friday: 8:00a.m. – 5:00p.m.

Schedule your medical appointments between 10am & 2pm.

The van will leave Boston by 3pm.

Visit the website for more information: www.capecodrta.org

TRANSPORTATION INFORMATION

COA VAN – Scheduled trips include:

Monday–Friday to nutrition site and home after lunch at NO COST.

Grocery Shopping in Orleans: Tuesdays and Thursdays from 11a.m. - 1pm.

Post office, banking & pharmacy trips: Mondays, Wednesdays and Fridays

Last Monday of the month is a trip to Hyannis for shopping from 11am to 2pm
(reserved seats only - - - **2-person minimum**). No Hyannis trip in summer.

We need a **three-day advance reservation** and the round-trip suggested
fare is **\$2.00** for this wheelchair-accessible bus.

WHEELCHAIR-ACCESSIBLE MEDICAL VAN – Transportation to medical
appointments is provided on a volunteer basis, Monday through Friday.

A one-week advanced reservation is required. There is a graduated fee
schedule, depending upon the destination. Call for more information
at (508) 896-2737.

MEDICAL APPOINTMENTS – Volunteer drivers are available for
transportation to medical appointments in their personal cars. Please call the
COA at (508) 896-2737 as soon as you make an appointment or **at least**
four business days in advance so that we can find a volunteer to provide
your ride. Please notify the COA if you cannot keep your appointment so we
can notify our drivers. Make sure your house number is visible from the road.
Thank you for your cooperation.

DART - DIAL-A-RIDE Service:

CCRTA provides daily (demand response) service that is wheelchair accessible, door-to-door, ride by appointment, transportation service. This service is available to all Cape Cod residents for any purpose. **DART** service is available Monday through Friday in all towns from 7am to 7pm, and on Saturdays from 9am to 7pm as well as on Sundays from 9am to 1pm in most towns. **To schedule a ride, please call: (800) 352-7155.**

OR CURRENT RESIDENT

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02653

FRIENDS OF BREWSTER ELDERS
1673 MAIN STREET
BREWSTER, MA 02631

NOTE: THE JUNE SENIOR DINING MENU FROM ELDER SERVICES WAS NOT AVAILABLE AT THE TIME OF THIS NEWSLETTER'S ONLINE POSTING DATE.

**TO REQUEST A COPY, PLEASE CALL THE BREWSTER COA DIRECTLY AT:
(508) 896-2737**